**Spicy prawn linguine**

**Serves 2**

* 1tbsp olive oil
* 2 shallots, diced
* 1cm piece ginger, peeled and grated
* 1 clove garlic, crushed
* chilli flakes a large pinch
* 400g tin chopped tomatoes
* 150g linguine
* ½ bunch flat-leaf parsley, chopped
* 150g raw peeled prawns
* rocket salad to serve

1. Heat 1 tsp oil in a large frying pan, add the shallots and fry for 2 minutes before adding the ginger, garlic and chilli flakes.
2. Fry for another 2 minutes. Add the chopped tomatoes and simmer for 20 minutes until saucy.
3. Cook the linguine in boiling salted water until just tender, then drain.
4. Stir the parsley and the prawns into the tomato base, season well and cook until the prawns
5. Add the cooked linguine, toss and serve with salad